



COUNTYWIDE FITNESS CHALLENGE 2013



A DAY OF FAMILY FUN

CHILL OUT!

Join us for healthy walks and cooking demonstrations.

EVENT SPONSOR



BEACH FITNESS SESSIONS

"CELEBRITY CHEF"
HEALTHY COOKING DEMOS

BEACH VOLLEYBALL

HEALTHY SNACKS

FREE GIVEAWAYS

DRAWING PRIZES

**Dockweiler
Youth Center**

12505 Vista del Mar
El Segundo, CA 90245
4th Supervisorial District

**Saturday
September 21, 2013
8:00 a.m. – Noon**

RSVP to secure your giveaway at <http://dhr.lacounty.info>

